



West End Group X March 2010



Sun Mon Tue Wed Thu Fri Sat

Contact Us:
804-3641200
AmFamFit.com
KGrimes@
amfamfit.com

1
8:15 *Ball & Bar Lisa*
9:30 Adv Step Paula
11:00 *Seniorcize Emilie*
12:15 Body Pump Kim
4:15 Body Step Dee
5:15 Body Pump Kathi
6:30 Zumba Robert
7:30 Body Combat Brett

2
5:30 Body Pump Tara
7:00 *FT Murat*
8:15 Body Step Kim H
9:30 Body Pump Dee
10:45 *Basic Step Susan*
4:00 ZumbaXP Cindy
4:45 Cardio Abs Joe
5:30 Body Step Emilie
6:30 Body Pump Emilie
7:45* AKB

3
8:15* BOSU Tara
9:30* **Body Step/ Pump**
Kristy & Kim H
11:00 *Seniorcize Shelle*
12:15 Body Pump Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Tara

4
5:30 Body Pump Kristy
7:00 *FT Murat*
8:15 Body Combat Brett
9:30 Zumba Angela
10:45 *Basic Step Tara*
4:00 Body Step Kim H
5:00 *Abs30 Joe*
5:30 Zumba Nicki
6:30 Body Pump Kim
7:45* AKB

5
7:00 *FT Murat*
8:15 BodyPump Dee
9:30 Body Step Kristy
11:00 *Seniorcize Kim*
12:15* Body Pump Challenge Kathi
5:00* Body Pump/ Body Combat Combo
Kris & Tammy
6:30 Zumba Nicki

6
8:00 Body Step Kim H
9:15 Body Pump Kathi & Kristy
10:30 Zumba Robert
12:30 Body Combat Kris

1:30 AKB for teens

8
8:15 *Ball & Bar Lisa*
9:30 Adv Step Diane
11:00 *Seniorcize Emilie*
12:15 Body Pump Kim
1:30 Line Dancing
Kemel
4:15 Body Step Dee
5:15 Body Pump Kathi
6:30 Zumba Robert
7:30 Body Combat Brett

9
5:30 Body Pump Kristy
7:00 *FT Murat*
8:15 Body Step Kim H
9:30 Body Pump Dee
10:45 *Basic Step Tara*
4:00 ZumbaXP Angela
4:45 Cardio Abs Joe
5:30 Body Step Emilie
6:30 Body Pump Emilie
7:45* AKB

10
8:15* BOSU Tara
9:30* SCT Paula
11:00 *Seniorcize Shelle*
12:15 Body Pump Shelle
4:15 Body Pump Kim
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Kris

11
5:30 Body Pump Dee
7:00 *FT Murat*
8:15 * Body Pump/ Body Combat Combo
Kristy & Brett
9:30 Zumba Angela
10:45 *Basic Step Tara*
4:00 Body Step Kim H
5:00 *Abs30 Joe*
5:30 Zumba Cindy
6:30 Body Pump Kim
7:45* AKB

12
7:00 *FT Murat*
8:15 "Manly"
Body Pump Dee & Kristy
9:30 Double Step Paula
11:00 *Seniorcize Kim*
12:15* Body Pump Challenge Kris
5:00* Body Pump/ Body Combat Combo
Kris
6:30 Zumba Nicki

13
8:00 Adv Step Paula
9:15 Body Pump Shelle
10:30 Zumba Robert
12:30 Body Combat Tammy

1:30 AKB for teens

15
8:15 *Ball & Bar Lisa*
9:30 Adv Step Paula
11:00 *Seniorcize Emilie*
12:15 Body Pump Kim
4:15 Body Step Dee
5:15 Body Pump Kathi
6:30 Zumba Robert
7:30 Body Combat Brett

16
5:30 Body Pump Tara
7:00 *FT Murat*
8:15 Body Step Kim H
9:30 Body Pump Dee
10:45 *Basic Step Susan*
4:00 ZumbaXP Cindy
4:45 Cardio Abs Joe
5:30 Body Step Emilie
6:30 Body Pump Emilie
7:45* AKB

17
8:15* BOSU Tara
9:30* **Body Step/ Pump**
Kristy & Kim H
11:00 *Seniorcize Shelle*
12:15 Body Pump Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Sexy Sweat
Maria & Annie
7:30 Body Pump Kris

18
5:30 Body Pump Kristy
7:00 *FT Murat*
8:15 Body Combat Brett
9:30 Zumba Angela
10:45 *Basic Step Tara*
4:00 Body Step Kim H
5:00 *Abs30 Joe*
5:30 Zumba Nicki
6:30 Body Pump Kim
7:45* AKB

19
7:00 *FT Murat*
8:15 BodyPump Kristy
9:30 Body Step Kristy & Dee
11:00 *Seniorcize Kim*
12:15* Body Pump Challenge Kathi
5:00* Body Pump/ Body Combat Combo
Tammy
6:30 Zumba Nicki

Work Our for Haiti Day
8:00 Body Pump
9:15 Body Combat, Step & Pump
11:00 Zumba
12:30 Last Chance Workout

22
8:15 *Ball & Bar Lisa*
9:30 Adv Step Diane
11:00 *Seniorcize Emilie*
12:15 Body Pump Kim
4:15 Body Step Dee
5:15 Body Pump Kathi
6:30 Zumba Robert
7:30 Body Combat Brett

23
5:30 Body Pump Tara
7:00 *FT Murat*
8:15 Body Step Kim H
9:30 Body Pump Dee
10:45 *Basic Step Susan*
4:00 ZumbaXP Angela
4:45 Cardio Abs Joe
5:30 Body Step Emilie
6:30 Body Pump Emilie
7:45* AKB

24
8:15* BOSU Tara
9:30* SCT Paula
11:00 *Seniorcize Shelle*
12:15 Body Pump Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Kim

25
5:30 Body Pump Kristy
7:00 *FT Murat*
8:15 * Body Pump/ Body Combat Combo
Kristy & Brett
9:30 Zumba Angela
10:45 *Basic Step Tara*
4:00 Body Step Kim H
5:00 *Abs30 Joe*
5:30 Zumba Cindy
6:30 Body Pump Kim
7:45* AKB

26
7:00 *FT Murat*
8:15 "Worst Ever"
BodyPump Kristy & Dee
9:30 Adv Step Paula
11:00 *Seniorcize Kim*
12:15* Body Pump Challenge Ashley & Kathi
5:00* Body Pump/ Body Combat Combo
Kris
6:30 Zumba Nicki

27
8:00 Adv Step Diane
9:15 Body Pump Kris
10:30 Zumba Robert
12:30 Body Combat Tammy

1:30 AKB for teens

29
8:15 *Ball & Bar Lisa*
9:30 Adv Step Paula
11:00 *Seniorcize Emilie*
12:15 Body Pump Kim
4:15 Body Step Dee
5:15 Body Pump Kathi
6:30 Zumba Robert
7:30 Body Combat Brett

30
5:30 Body Pump Tara
7:00 *FT Murat*
8:15 Body Step Kim H
9:30 Body Pump Dee
10:45 *Basic Step Susan*
4:00 Body JamXP Tammy
4:45 Cardio Abs Joe
5:30 Body Step Emilie
6:30 Body Pump Emilie
7:45* AKB

31
8:15* BOSU Tara
9:30* SCT Paula
11:00 *Seniorcize Shelle*
12:15 Body Pump Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Body Jam Angie
7:30 Body Pump Kris

*denotes 75 minute class
Beginner friendly class
Family friendly class (ages 9 & older)

